

Low-Fat Gingerbread Cake

Because it's made with whole-wheat flour, this tasty gingerbread cake is nutritious and low in fat.



This low-fat cake is made with whole-grain flour and provides both nutrition and that delicious gingerbread taste.

Ingredients:

Nonstick cooking spray
1 1/4 cups whole-wheat pastry flour*
1 tsp ground ginger
1 tsp cinnamon
1/2 tsp baking soda
1/2 cup sugar
1/2 cup low-fat buttermilk
1/4 cup canola oil
1/2 cup molasses
1 large egg, lightly beaten

Preparation:

Preheat oven to 350 degrees F. Coat an 8-inch square baking pan with nonstick cooking spray. Combine flour, ginger, cinnamon and baking soda in a small bowl. In a large bowl, stir together sugar, buttermilk, oil, molasses and egg. Add flour mixture to wet ingredients and stir well. Pour into baking pan and bake for 25 minutes.

**Whole-wheat pastry flour can be found in the baking aisle of most supermarkets. It gives the benefit of whole-grain without the heavy taste. Also look for white whole wheat.*

Nutrition Facts

Yield 16 servings

Amount Per Serving

Calories 128

Fat 4 g

Protein 1.7 g

Carbs 21 g

Fiber 1 g

Sodium 55 mg

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